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Volume 11, Number 33

INSIDE

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Betty Shabazz to speak in Newark

NEWARK—Dr. Betty Shabazz, the widow of the late Malcolm X will be a guest speaker at an annual celebration of her late husband's birthday, which will be held in Newark.

The program will take place Friday, May 19, 6:00 p.m. at the Robert Treat Hotel.

The event is being sponsored by the Malcolm X Commemoration Coalition, which consists of various organizations from New Jersey's African-American community.

"We are honoring Malcolm X because of his contributions to the black liberation struggle. He is a symbol of African-American unity and resistance to racist oppression," said Lawrence Hamm, a coalition spokesman and Chairman of the People's Organization For Progress.

Dr. Shabazz is currently director of Institutional Advancement and Public Relations/Cultural Attaché at Medgar Evers College of the City University of New York. She has been a part of the faculty and staff there since 1976.

She holds a Ph.D. in education from the University of Massachusetts and is the recipient of over 250 awards including the "Drum Major For Justice Award" given to her by the Southern Christian Leadership Conference (SCLC) founded by Dr. Martin Luther King, Jr.

See SHABAZZ/page 6

Child's natural immunity disposes of AIDS virus

SAN FRANCISCO, CA—Dr. Yvonne J. Bryson, a pediatric AIDS specialist with the University of California Los Angeles reported in the March 30, 1995 "New England Journal of Medicine," the case of a child born with the AIDS virus, who is now a healthy 5 year old with no trace of the virus.

"The fact that a baby with even an immature immune system was able to throw off the infection was amazing to me," states Dr. Bryson. Her group of colleagues at the UCLA AIDS Institute are also studying the case of a 4-year-old girl who tested positive for HIV twice shortly after birth. The child now tests negative for the virus.

These findings correlate with large-scale studies in Zambia and Kenya, which show prostitutes who have been able to resist infection, although they have had repeated sexual encounters with HIV-positive clients.

African Americans in San Francisco have postulated for many years that the body's natural immunity is much more effective in suppressing the AIDS virus than the toxic drugs currently used to treat the virus. Although the survival time for AIDS patients has improved greatly since the start of the epidemic, this improvement is attributed to the emergence of better treatments for AIDS-related infections.

Current anti-viral AIDS medications have failed to increase the life span of AIDS patients more than a few months. The search for non-toxic low cost natural substances which boost the body's own immunity continues in San Francisco's African-American HIV-impacted community.



CITY NEWS

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May 17 - May 23, 1995

JERSEY CITY RESIDENTS ORGANIZE TO SURVIVE

by Kaylyn Dines

JERSEY CITY—Instead of bickering and complaining quietly about Congress' proposed budget cuts and issues concerning jobs, home ownership, education, and voter registration, the Association of Community Organization for Reform Now (ACORN) with assistance from many Jersey City residents decided to take action.

Although ACORN coordinated a rally to denounce the budget cuts that would throw a painful job at local residents via an elimination of pro-

grams such as, the School Lunch Program, the protest had another purpose.

It served to launch the "Organize & Survive" campaign. During this campaign, which will continue until August 1, 1995, ACORN will join hands with the community to increase the number of registered voters and jobs, mold a small charter school, and assist residents in becoming home owners.

Placing the blame on citizens nationwide, ACORN Chairman Daryn Martin said, "The Republicans would not be in charge of the

White House if we (the residents) exercised our right to vote." In addition, Martin said children need to be educated at an early age on the importance of voting.

Between now and August 1, ACORN plans to hit the streets and register 3,000 residents encouraging them to vote in the upcoming September election.

Martin also stated that Hudson County Executive Bob Janiewicz is the rally keynote speaker, supports ACORN's effort to urge residents to vote.

"We (members of ACORN)

would like to meet with drug dealers to encourage them to vote," said Martin. "It's scary how intelligent some of them are. But, of course, our main goal is to fight drugs," added Martin, a Jersey City resident.

As for his "honest feelings," Martin said, "drugs and guns will never be eliminated because the government makes too much money from them."

During this campaign, ACORN also intends to be the voice for local residents in the job market. Why? Because two months ago the unemployment rate was 11.4 percent and it is probably much higher now," said

Martin.

The ACORN organization acquired a list from the City Clerk of Jersey City based corporations that receive tax abatements.

The goal, said Martin, is to "demand (job) opportunities" for qualified Jersey City residents with local corporations, particularly those receiving tax abatements.

Another campaign component involves making a difference in education.

Martin said, ACORN is in the process of working with local par-

See RESIDENTS/page 10

East Orange salutes senior citizens



Pictured (l to r): First Ward Councilwoman Beverly K. Williams; Mayor Cardell Cooper; Shakirah Thompson-Alder; Sarah Francis, chairwoman, Senior Citizens Advisory Committee; City Council Chair and Third Ward Councilman Mark L. Scotland; and Fourth Ward Councilman Phillip Thigpen.

Photo: Lloyd Holmes

EAST ORANGE—On Tuesday, May 2, Mayor Cardell Cooper joined over 100 East Orange senior citizens to proclaim May as "Older Adults Month" in the city.

Each year, East Orange participates in the nationwide tribute to American citizens over the age of sixty-two. Over twenty-five percent of the city's population is comprised of seniors, one of the largest concentrations in the country.

"I am proud to celebrate the rich and glorious legacy of our elders," said Mayor Cooper.

"As our city's true pioneers, their contributions to the positive development of East Orange should be celebrated throughout the year."

Cooper also stated that because of the increasing older population, national and local attention should

be focused on addressing the special social and health issues facing this segment of the population. "The quality of life of American citizens entering their 'golden years' should not be infringed upon."

Special events and programs taking place throughout the month include receptions hosted by Mayor Cooper at each senior building, safety workshops sponsored by the East Orange Police Department, senior luncheons hosted by community leaders and organizations.

The month will culminate in a city-wide senior luncheon to be held at La Grande Maison, formerly The Town and Campus. For information regarding transportation to the luncheon and other East Orange-sponsored senior events call the East Orange Division of Senior Citizen Services.

The House budget: Forrest Gump-o-nomics

from the Rainbow Coalition

WASHINGTON, DC—Republicans have published their plans to balance the budget. They claim that it will sacrifice, but the reality is very different. They have slashed programs for the weak, the young, the disabled, the poor, the elderly and the unemployed—while protecting those for the strong.

Republican conservatives assume that the U.S. military is weak, our corporations need more subsidies and the rich need more money.

To remedy this and balance the budget, Republicans would force the elderly to pay more for health care, cut food and nutrition for infants and children; increase the cost of col-

lege, decrease support for the unemployed, put more families on the street, raise taxes on the working poor, and slash aid to the cities.

The most insidious in our society—the young, the old and the weak—are squeezed to provide resources for the strong—the Pentagon, the wealthy and the corporations.

Why balance the budget? The whole purpose is to stop mortgaging our children's future for our current consumption. Yet the Republican plan would do worse: it slashes investments vital to our future—in educating the young, in training our

See HOUSE/page 3

America: no longer the innocent

by Melyn J. Williams
Publisher, Macon Courier

OKLAHOMA CITY—The senseless killing of almost 200 children and adults in Oklahoma City can only be described as a barbaric and uncivilized act. The act snatched the lives of children from their families and destroyed family relationships and family systems across the communities of Oklahoma, the nation and, indeed, the world.

Many of those who died in the bombing of the federal building had no thought, view or imagination of how such an act could be conceived or carried out. They were indeed innocent victims of a person or group of persons gone sour. No words can ever explain the death of a one-year-old infant or even the 65-year-old HUB worker whose retirement was just a few months off.

What this tragedy tells us is that the United States has lost its innocence. We can no longer read about the Middle East, South America or other distant and remote borders and comment about the terror, which

plagues those areas of the world. We can no longer speak about the barbaric style of those who do not share our culture, as if we live in some mythical place on earth.

The heartland of the United States—the state of Oklahoma—was truly among the last areas of this vast and beautiful country we call our own, where one would have expected such a dastardly and senseless act to be carried out.

The laid-back city of Oklahoma City, the home of some of the friendliest people in our nation, was struck with what is being called the worst terrorist act in our nation's history. The people of Oklahoma were stunned, shocked and mystified as to how their area could become a target of such senseless killings.

The act of a few in this instance clearly demonstrates what may result when bad things happen to good people. The belief systems of some of our strongest leaders collapsed and even some of our religious leaders were overheard saying that "death is too good for those who are responsible for this act."

We wanted vengeance, and we wanted swift and decisive action. We rushed to judgment, condemning first Mid-Easterners and then Muslims, and we became devastated as a people, struck with disbelief and shame, when we learned that some of our own had swallowed so much hatred that they had turned their sickness inwardly on us. And, our innocence was no longer.

But, as one minister noted, as he addressed a prayer service attended by more than 1,000 persons, "a moment of insanity cannot be allowed to define our humanity."

This theme was echoed in still another gathering of more than 500 persons on the other side of town. "Those who committed such an act are sick and we have a long and distinguished history of treating the sick and insane," voiced one minister. These sobering words were quickly accepted by members of both gatherings. And, one could tell that many were comforted by those words; they wept softly and nodded their heads in

See AMERICA/page 5

A final farewell to Upsala

EAST ORANGE—Proud graduates cried tears of joy and sorrow at the final graduation ceremony at Upsala College, which is being forced to close due to a drop in enrollment and a failure to pay a debt of \$12.5 million.

The school awarded about 200 bachelor's degrees at Sunday, May

14 commencement. Both students and city officials were outraged about the closing of the institution.

Councilwoman Carolyn Meacham fears it will now become a new haven to vandals and drug dealers.

"It's not only affecting the people who went there it affecting the

residents of the area," said Councilwoman Meacham.

Many believe that the college could have been saved but because of its location and large minority enrollment prospective lenders and buyers shunned away.

Upsala College President Paul DeLomb said a South Korean Industrialist Tai Kim expressed an interest in helping the college settle their debts.

"That didn't develop into a reality," said DeLomb of Kim's visit to the school in February and was never heard from again.

Despite not having an alma mater to return to or to send their children to, students were, overall, proud to graduate from Upsala.

"The institution gave me and my brother a chance and a great education. It's sad other people won't get the chance," said one graduate Blair Brown.

Evers-Williams sworn in as NAACP chair

WASHINGTON—It's official. Myrtle Evers-Williams was sworn in as the new chairwoman of the National Association for the Advancement of Colored People Sunday, May 14 in an invitation only ceremony.

"I will direct my energies and talents to fulfilling the mission of

this great organization," said Evers-Williams.

Evers-Williams and her husband Medger Evers, the slain civil-rights leader, opened the first NAACP office in Mississippi.

"No one is better prepared to lead this great ship of hope into the next century," said Coretta Scott King.



NEWARK—The City of Newark recognized 37 municipal employees for raising over \$67,000 for the annual Public Employees Charitable Campaign. The fundraising drive, spearheaded by Marlene Bragg, the City's PECC coordinator, received participation from every City department and agency. Photo: William Riancho

PEOPLE

Selby completes internship at police department

BLOOMFIELD—Criminal justice always intrigued Rockelle Selby, a senior at Bloomfield College, but it was her internship experience at the Bloomfield Police Department that broadened her awareness of the field.

"I learned so much this past semester about the different ways the police help the community," she said. Selby is one of 13 Bloomfield College students who enrolled in the College's criminal justice internship program this past semester and among the seven who worked at the Bloomfield Police Department.



Rockelle Selby

According to Glenn Beckman, coordinator of the College's Criminal Justice internship program, students majoring in criminal justice must participate in an internship, where they are required to perform 91 hours of volunteer service in a criminal justice agency. The students also attend classes and write and present papers.

As an intern, Selby studied state and national policies and crime analysis and reviewed local statistics in looking for patterns of crime. She also learned how to prepare uniform crime reports, and on occasion went on road trips with officers.

O'Keefe named Deputy County Clerk



PLAINFIELD—Paul J. O'Keefe of Plainfield as has been named the new Deputy County Clerk of Union County. O'Keefe recently served two terms as the Mayor of Plainfield and has twenty years of business experience in the Mortgage Industry.

County Clerk Walter Halpin indicates that O'Keefe brings to the office a broad wealth of talent as an administrator as well as a hands-on motivator, already showing a dedicated interest in the statutory duties handled by County Clerk offices.

Students recommend changes in city's departments

NEWARK—Rutgers students studying the "Business and Glenn

Grant, Business Administrator for the City of Newark, Strategy" course



(From left) Glenn Grant, Professor at ogilvie, and Dean George Benson of the Faculty of Management.

under the tutelage of Professor at ogilvie, recently presented recommendations regarding some of the city's departments to Glenn Grant, Business Administrator for the City of Newark. The students, undergraduate seniors of the Rutgers-Newark School of Management, have spent the spring semester consulting with administrators in the divisions of Community Health, Neighborhood Services, Parks and Grounds, and Preservation. They presented their recommendations to increase efficiency and effectiveness within the divisions of Community Health, Neighborhood Services, Parks and Grounds, and Preservation.

Community Calendar

MAY 17, 18
NEWARK—"Newark Seminar '95" conference (an anti-auto theft, insurance fraud and car-jacking conference) at the Radisson Hotel. For more info call 908-457-0367 or 201-733-6309.

FRIDAY, MAY 19
NEWARK—Malcolm X Commemoration at the Robert Treat Hotel at 6 p.m. For more info call 201-643-7711.

EAST ORANGE—"Pop's Night Under

the Stars" third annual car show to be held at Smith's Motel Service Station. For more info call 201-675-9624.

EAST BRUNSWICK—"Images: Women Facing Today's Issues" all-day wellness conference at the Brunswick Hilton & Towers. For more info call 908-294-7100.

NEWARK—Reception for The Honorable Donald Payne (Report on the Congressional Black Caucus The State of the Union) at Bethany Baptist Church.

275 West Market St. from 7 to 9:30 p.m.

MAY 19-21
BROOKLYN—Eighteen annual "DanceAfrica" festival featuring live dance performances, a bazaar and classes at Brooklyn Academy of Music. For more info call 718-636-4100.

SUNDAY, MAY 21
NEWARK—African-Bridge International bridal show at the Hilton Gateway at 1:30 p.m. For more info call 201-242-6190 or 908-249-6384.

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EDITORIAL

Help youth make summer meaningful

In a few weeks young people will be out of school and looking for things to do.

Now is the perfect time to make plans with your sons and daughters to have a productive summer. In addition to the family vacation, make sure your young people have a project or activity that will help them to learn how to work and accept responsibility.

Youngsters who can find jobs should be encouraged to do so. Even if the job doesn't pay much, learning how to work is very important. Make sure you let them know about the opportunity they have to gain valuable work experience and the opportunity to build their resume.

Youngsters who can not find jobs should be encouraged to find internships or to volunteer their time rather than wasting time and energy sitting at home idle or hanging out with friends.

If you have trouble finding a situation, try going to one of your local black businesses. Traditionally, black businesses can always use extra help, your son or daughter gain valuable work experience.

Working for any small business can give youngsters valuable insight into entrepreneurship, saving the seeds for not only being his or her own boss, but creating jobs and wealth in his and her community.

Help young people make the best of their summer by helping them to grow and mature.

FROM THE CAPITOL

Get Ready for 'Fortress Washington'

by Asika Muhammad



The tension has been building since last September, when a small, private airplane crashed on the South Lawn of the White

House. The pre-dawn crash was in a tree visible from a window in the residence quarters. The First Family was out of town at the time. The pilot was killed.

Then in October, a Colorado drifter on the sidewalk in front of the White House shot up the place with a semi-automatic rifle when he heard a tourist point to someone inside the grounds and say, "there's the President." The gunman was wrestled to the ground by citizens when he paused to reload.

During that incident, the President was inside watching a college football game on TV. It now appears the man, who was convicted last month of attempting to assassinate the President, may have had loose ties to an anti-government militia in his home state.

Those incidents were responsible for reviving proposals first articulated in the Richard Nixon administration, about closing off Pennsylvania Avenue to vehicular traffic. Now, in the wake of the Oklahoma City bombing, the reality of the danger to that here-to-fore accessible symbol of American democracy itself, will probably bring about the permanent change, soon.

Without waiting for a Treasury Department advisory committee report due later this week, traffic in the curb lane in front of the White House has already been blocked off. The scenarios after Oklahoma City, suggest that a truck-bomb could very well kill or injure people inside the executive mansion.

And while there has been much public discussion about making the street in front of the famous 1600 Pennsylvania Avenue address into a pedestrian mall, officials on Capitol Hill have been moving quickly (if more quietly) in the same direction.

Last week, Capitol police permanently closed off public parking, as well as some reserved parking spaces on Constitution Avenue in

front of the three Senate office buildings. The action was so swift that street signs had to be altered with tape, covering up times when parking had previously been permitted. On the House side, parking on South Capitol Street and New Jersey Avenue between House office buildings was also restricted.

While violent protests at the White House have been more common recently, there have been many others, much more destructive attacks on the Capitol itself. Ironically, the weapon of choice of terrorists attacking in the halls of Congress have usually been bombs.

The first incident this century was perpetrated by a Cornell University professor in September 1915, who exploded a bomb in the Senate Reception Room to protest U.S. arms sales to countries which eventually became allies in World War I. The most violent incident however, occurred March 1, 1954 when Puerto Rican separatists opened fire with a gun from the Visitor's Gallery onto the House Floor, wounding five Members of Congress.

Again on March 1, this time in 1971, members of the Radical Weather Underground exploded a bomb, which ripped the Senate Wing of the Capitol. They were protesting the U.S. military role in Laos. But Autumn 1983 was the most dangerous season for Congressional terrorism.

First, on Oct. 18, 1983 a 22-year-old Israeli tourist with a bomb under his shirt was arrested in the House Gallery. He had threatened to blow himself up in the chamber, but the bomb was innocently wired. Less than a month later, the longest unsolved incident occurred.

On Nov. 7, 1983 a time bomb exploded late in the evening on the second floor of the Senate side of the building. It was "until Sept. 7, 1990 that three women, who said they were protesting Pres. Ronald Reagan's invasion of the Caribbean island of Grenada, pleaded guilty to setting that bomb.

Each succeeding incident has led to more police and tighter security, including metal detectors at every Capitol and Congressional and Senate office entrance, and the re-

see FORTRESS...J page 5

OPINION



by Connie Woodruff

The current rift between State Senator and West Ward councilman Ronald Rice and Newark North Ward political guru Stephen Aduabo, Sr., executive director of the North Ward Cultural and Educational Center may eventually escalate into a full fledged war that will have a devastating effect on city and county politics.

Rice has called for state or federal officials to audit the financial records of Aduabo's North Ward Center in light of "inconsistencies" found by city auditors, charging that the audits exposed several instances in which employees of the Center and Aduabo, Sr., may have been involved with the improper use of public funds.

According to reports, Aduabo denies any wrongdoing and called Rice's accusations "dirty, lies and innuendoes," saying the charges are part of a political mudslinging cam-

paign because he and Rice have a difference of opinion on candidates who will run in the June primary election. Aduabo allegedly supports a team of newcomers who have been endorsed by the county Democratic committee while Rice is campaign manager for the team of incumbents that include County Clerk Patricia Drake, Assemblyman Harry McEneaney and former Irvington Mayor Mike Steele.

Through the years dating back to the mayoral administration of Hugh Addonizio, Steve Aduabo has been a welcome visitor in Newark City Hall.

When Ken Gibson was mayor, Aduabo, Sr. established the North Ward Center as Newark's premier non-profit entity, developing skills in grant proposal writing that brought in megabucks for a multitude of programs that won national and state recognition and lifted thousands of people out of poverty and took as

many families off welfare.

The center's record of accomplishment continues with the support of the Newark City Council and the Essex County Freeholder Board, state and national assistance.

However, Senator Rice said a good image notwithstanding, the city audits have "raised very serious questions" and what appears to be serious conflicts of interest relating to the operation of the center and the use of taxpayers' dollars.

Rice maintains he is "genuinely disturbed" because:

"Aduabo has been living at 400 Clifton Ave. rent-free since the property was purchased in 1976 with taxes on the property paid by the North Ward Center, which Aduabo says is owned by the non-profit organization."

"Rice also charged that Aduabo had improperly used U.S. Dept. of Housing and Urban Development

Community Development Block Grants to pay rent on another building affiliated with the North Ward Center owned by the Forest Hill Construction and Restoration Co., Inc. The firm is owned by Ralph Ciallella and was formerly headquartered at the North Ward Center before moving to 300 Clifton Ave.

City documents state that Newark was unable to reimburse the rent of \$15,600 from CDBG funds because "Forest Hill Construction and Restoration Co. is owned and operated by the North Ward Center and would violate a federal law that deems such an action a conflict of interest."

To his credit, Aduabo, Sr. took over an abandoned old mansion that had seemingly lost its usefulness and made it the parent home of the Cultural and Educational Center. Hundreds of thousands of dollars were

see AS I SEE...page 6

PASTOR'S WORD

Present leadership does not inspire people to vote

by Rev. Reginald Jackson

We are rapidly approaching the time for another election. It seems like every time we turn around its an election. Next month will be primary elections around the state for county municipal and state assembly seats. As usual, a lot of attention will be focused on our beloved Essex County, which always seems to be embroiled in controversy and dissension, especially the Democrats. This time is dissension about the county

links race and assembly races in both the 28th and 29th districts.

County Democratic Chairman Tom Giblin has found himself between a rock and a hard place trying to mend fences, form alliances and rebuild a strong Democratic organization; which cannot only elect at the local and county level, but which can also deliver Democratic candidates statewide.

In the process, he has abandoned some of his strongest supporters, dropped some incumbents, retained

some incumbents that many people wanted dropped and opened the door for some new faces. He is being hailed by some and crucified by others.

Yet, all of this maneuvering and posturing while big news to political stalwarts means little, if anything, to the people who walk up and down the streets of these urban areas who live in the cities, who work hard to make a living against so many obstacles who are just fed up and turned off with the political process.

The reason it means little, if anything, to them is because this whole process is not about them, or designed to benefit them. It's only about the party and the individuals who get the party. Not issues, not helping people, not public service, but them.

There have been all kinds of meetings since last November's elections in the county. Black leadership met in Plainfield with the understanding that it was to deal with issues; in the state and nation and how they

see INSPIRE...page 10

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CITY NEWS

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YOUTH BEAT

KIDS CALENDAR

DAY CAMPS:

PLAINFIELD—Day Camp for youth with developmental disabilities. For more info contact The Arc of Union County at 908-754-2509.

WATCHUNG—Minicamp for Children at the Watchung Arts on Wednesdays and Thursdays in July and August. For more info call 908-753-0190.

MORRISTOWN—Summer classes will be held at Morristown-Beard School from June to August for grades 5 thru 12. For a brochure or more info call 201-539-9032.

CRAWFORD—Eight Summer Sports Camp for youth 8 to 15 sponsored by Union County College and Union County Div. of Parks and Rec. For more info call 908-709-7602.

PLAINFIELD—"Summerfest" day camp for Plainfield girls in grades 1 to 5. For more info call 908-232-3236.

NEWARK—"Summer Day Camp" Mondays-Fridays July 3 thru August 25 from 8 a.m. to 5 p.m. For more info call 201-733-6454.

NOW THRU MAY 20

NEWARK—"Camp Watershed," overnight camping program on Saturdays and Sundays. For more info call 201-733-6454.

NOW THRU JUNE 8

NEW YORK—Horticulture Tours every Thursday at 12:30 and 6 p.m. Meet at Rector Gate. For more info call 212-267-9700.

BEGINNING APRIL 29

BROOKLYN—"Fish that Go Zap" at the Aquarium for Wildlife Conservation. For more info call 718-265-7038.

Applications accepted at High School Redirection

NEWARK—It's never too late for a high school drop-out to earn his or her diploma. In fact, those living in Newark have until May 31 to apply for enrollment at High School Redirection, an innovative, alternative education program for young adults 16 to 21 years old.

Located on 13th Avenue, High School Redirection is fully funded and accredited by the Newark Board of Education. The school offers a full program of study leading to a high school diploma.

On-site child care is available for a limited number of young persons pursuing their studies at Redirection. The school's curriculum consists of academic courses required by the New Jersey Department of Education and the Newark Board of Education. In addition, various electives, such as computer skills, are offered.

A feature of the school's curriculum is a point system that replaces the traditional alphabet grading system, minimizing the "F" for failure threat that often prevents students from succeeding in traditional settings. To obtain an enrollment application for Newark High School Redirection, call 201-733-7067/7068.

Garden State Ballet School holds summer scholarship tryouts

NEWARK—The Garden State Ballet has announced Summer Scholarship tryouts for boys and girls ages 7 to 12 years. Tryouts will be held on Sunday, May 27 and Saturday, June 3. Children who are selected will enter a three week introductory program offering free instruction in ballet and jazz.

The introductory program is open to children who have not had any previous dance training. Annually over 100 youngsters participate in the introductory programs, held in the Fall, Spring and Summer.

At the conclusion of the Introductory Program, students who demonstrate interest and ability will be eligible to continue their training under partial or full scholarship assistance.

The school's scholarship program is supported by grants from the Geraldine R. Dodge and Victoria Foundations and contributions from major corporations.

The school also offers classes for youngsters starting at age four. Class schedules are available on request. For more info, call 201-623-1033.

Jackson accepted into NJIT Honors College



NEWARK—Jee Blanco Jackson of East Orange and her grandfather, Jay Jackson, (l) are met by Gay Thomas, provost of New Jersey Institute of Technology, at the public research university's recent Albert Doorman Honors College Brunch. Jackson, a senior at Clifford J. Scott High School plans to pursue a bachelor's degree in engineering. She has been accepted into the Honors College at NJIT.

A time capsule for Newark?

NEWARK—"Our Time Capsule of the 20th Century," an improvised and spontaneous pageant performed in two sessions by over 200 students, elders, teachers, musicians, educational specialists, and dignitaries, will be held at the Newark Public Library, Centennial Room, 3 Washington Street, on Wednesday, May 24.

The event, scheduled for 11 a.m. to 12:30 p.m. and 1 to 2:30 p.m., celebrates the completion of intergenerational workshops by the Youth and Elders Inter-Act: Respect for Diversity program. The eight foot time capsule, created by renowned New Jersey artist, George Tarr, will be covered with names and filled with poems, wishes, hopes and dreams for the future.

I Wish, I Dream

Group Poem by Louise A. Spencer students

I hope for the end of senseless killing
That poor people are not on the street
That my aunt didn't pass away
That I could be in every cartoon in the world
And have all the Sega equipment.
I wish there were no guns
I wish everybody could be drug free
That when I grow up hope I can drive a Lexus
I wish I could grow up to be a rapper.
I wish there were no violence in the world
That I could live and go to heaven.

"By learning how elders survived a century of change," says Dr. Rosilyn Wilder, director of Bancroft Arts, Inc., "youth can create positive visions for their future."

Fortress

restriction of the number of doors the public and lobbyists could use to enter back in 1983.

But now, as the dust from the Alfred P. Murrah Federal Building in Oklahoma City be-

gins to clear, it's becoming clear that the "fortress mentality" for protecting federal installations will soon apply to all parts of Washington, except the still dangerous neighborhoods, that is.

America

Continued from page 1

acceptance. For they realized that evil does not defeat evil, only good can defeat evil and one cannot allow hatred to destroy them in the manner in which the perpetrators had no doubt become.

Melvyn J. Williams, the publisher

of the Macon Courier, visited the Oklahoma City area and experienced first hand the devastation. This article resulted from interviews with family members of some of the victims and his participation in two church services, one service with a predominantly white audience and one service with an all-black audience. The tragedy, the hopes and fears of many from Oklahoma were shared directly and left a lasting impression on him.



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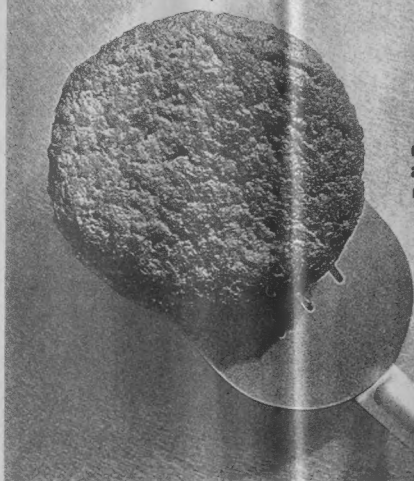
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Cirrus

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*Always Wear Your Seat Belt **Base MSRP. MSRP Model Shown \$17,970. Tax Extra.

Plainfield increases 'quality of life'

PLAINFIELD—In September of 1994, in an effort to improve the quality of life for Plainfield citizens, the office of Union County prosecutor Andrew K. Ruotolo Jr., in conjunction with the Union County Sheriff's office, the Union County Police and the Plainfield Police Division Narcotics Bureau commenced an initiative to disrupt the Open-Air drug markets of the city.

One goal of the initiative was to discourage out-of-town buyers from

traveling to the city in order to purchase drugs.

During sixty-one operational days since September, the quality of Life Task Force has made 404 arrests in and around the open-air drug markets.

Ninety of those arrests were out-of-town drug buyers who were caught by police utilizing reverse-sting techniques in which undercover police officers posed as drug dealers.

Marching for Jesus

PATERSON—Millions of Christians of all denominations will celebrate their faith on the streets of the world in the 1995 "March for Jesus."

This year, on Saturday, May 27 marches will be held in more than 500 U.S. cities, and hundreds of other cities around the world.

The first Global March for Jesus was held in June 1994 with 10 million participants in 178 nations around the world. In the United States, 1.5 million people in 550 cities participated in the march.

"The March is not a protest and there is no political agenda," said Tom Pelton, National Director of March for Jesus USA. "Churches in cities come together simply to express their unity and common faith."

This year's theme, "Together for

the Gospel," emphasizes bringing together all churches to work together for the common purpose of teaching the Gospel to all people. A special music production, "Together for the Gospel," has been specifically prepared for the march.

"We're getting ready for the celebration of a millennium," said Pelton. "The world is preparing to celebrate the year 2000, and since it is actually Jesus' birthday, the church should be ready to lead the celebration," he added.

The organization is also planning marches each year through the year 2000. Beginning in 1996, organizers have decided that the March will be an annual event scheduled on Pentecost weekend.

Civic association holds scholarship dinner

ORANGE—On Monday, May 22 the "Mims Hackett Civic Association" will sponsor its sixth Scholarship Recognition Awards and Dinner at the Peppermint Entertainment Complex in Orange.

Four Orange residents will be

honored for their dedicated service and outstanding achievements. The recipients are: Nathaniel Coleman, Hubert C. Walker, Donald Cadey, Woon Chung and Elder Rosa Green. For additional information please call 201-678-9271.

As I see...

Continued from page 4

spent in the restoration of the house and grounds. Through the years it has become a showcase of human restoration as well with established programs for trainees seeking new careers, senior citizens and a thriving day care center for children.

The Center is one of the few agencies in Newark that hold annual observances for ethnicities of all varieties, including an annual Martin Luther King Jr. Day, Puerto Rican History Day, Irish Patriot Day, etc., etc.

An invitation to any event held at the Center is like a command performance with Mr. and Mrs. Adubato, Sr., as the genial host and hostess. Next week they will be honoring Newark city councilwoman Mildred Crump and entrepreneur James Felton at an event highlighting the life and times of Martin Luther King Jr.

In defense of his residence at 400 Clifton Ave., Adubato says the house was built by the same person who built the North Ward Center and is part of the grounds and overlooks the entire center enabling him to properly oversee the operation.

However, Rice says because taxpayers' dollars are involved the city council finance committee with the assistance of the city auditors are looking at all programs that receive municipal, state and federal government funding.

"We're looking into everything. There has to be more accountability for these programs," he said.

Did the curtain come down on the political career of Newark Councilman-at-large Gary Harris this week when he finally officially resigned his council seat?

Maybe not. Harris is expected to appeal his conviction of accepting

\$18,000 in a scheme that was expected to land a Hillside towing company a contract with Newark to fix ticketed and disabled vehicles.

Rev. Ralph T. Grant, a former councilman was convicted along with Harris. He was found guilty of accepting \$25,000 to secure the contract which was never approved by the city council.

According to City Hall insiders, members of Harris' staff were continuing to circulate resumes and visit other city departments in search of jobs but few were finding any takers.

Attention is now turned to filling Harris' seat on an interim basis. Only Councilman-at-large Mildred Crump and Councilman-at-large Luis Quintana seem to be "adamant" about allowing a public vote to decide who should fill Harris' seat.

As usual, the council is split. Under state law it has 30 days after Harris' resignation to fill the seat. Following an appointment the public would decide who would hold the seat in the November election.

However, if the council does not appoint a replacement for Harris, a special election would have to be held 75 days after he steps down. Council President Donald Bradley admits a split in the council without a majority by those who want to appoint and those who don't.

So in the words of Ronald Reagan, "Here we go again."

RELIGIOUS CALENDAR

THURSDAY, MAY 18

PLAINFIELD—St. Bernard's Church is honoring Mary by celebrating Marian Evening Prayer at 7:30 p.m. For more info call 908-756-3393.

SATURDAY, MAY 20

NEWARK—Spiritual Renewal Celebration with Rev. John P. Kee and the New Life Community Choir at Lincoln Park from noon to 4 p.m. For more info call 201-242-8200.

SCOTCH PLAINS—"Blue-Eyed Soul" featuring Bob Carlisle (1995 Gospel Music Association nominee for New Artist of the Year) at Evangelical Church at 8 p.m. For more info call 908-756-6956.

PLAINFIELD—Spring Concert at Crescent Avenue Presbyterian Church at 7:30 p.m. For more info call 908-754-9222.

SUNDAY, MAY 21

PLAINFIELD—"Music of Many Lands" concert at 4 p.m. at the Crescent Avenue Presbyterian Church. For more info call 908-756-2488.

Shabazz

Continued from page 1

"Dr. Shabazz is one of the great women of our time. After her band was cut down thirty years ago she assumed the burden of continuing his work while at the same time facing alone the responsibility of raising their six children," Hamon stated.

Recently, Dr. Shabazz was involved in a successful effort to make the federal government drop its case against her daughter, Qubilah Shabazz, who is accused of conspiring to murder Minister Louis Farrakhan of the Nation of Islam.

The event is free and open to the public. For additional information or vendor inquiries call 201-643-7711.

BUSINESS CALENDAR

ATTENTION!—Register for investment courses at the Plainfield School of Continuing Education. For more info call 908-793-3251 or 9252.

MAY 15-18
ATLANTA—American Management Association's "Fundamentals of Marketing: Your action plan for success" seminar at AMA Management Center. For more info or to register call 1-800-282-9899.

TUESDAY, MAY 16
OMAHA, NE—Small, Disabled and Women-Owned Businesses and Military Contract Opportunities one-day seminar at the Holiday Inn Convention Centre from 8:30 a.m. to 5 p.m. For more info call 1-800-488-9303.

NEWARK—Starting Your Own Business workshop at Bell Atlantic from 10 a.m. to 2:00 p.m. For more info call 201-645-3982.

THURSDAY, MAY 18
BRIDGEWATER—Insurance Night: Managers-Problem and Solutions. Small Business Council Breakfast from 7:45 to 9:30 a.m. at Jack O'Connors.

SATURDAY, MAY 20
NEWARK—Senator Wymona Lipman's Saturday Seminar for Minority Entrepreneurs from 9:30 a.m. to noon at Essex County College.

WEDNESDAY, MAY 24
PARAMUS—Trade Financing: For exporters only seminar at Bergen Community College. For more info call 201-645-3830 or 648-5950.

MAY 31 THRU JUNE 1
NEW YORK—Marketing and Business Expo '95 at the Sheraton NY Hotel & Towers, 811 Seventh Ave., at 53rd St.

THURSDAY, JUNE 8
NEWARK—Growing Your Business Through Strategic Networking from 9 a.m. to noon. For more info call 908-527-2345.

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Blacks urged to strive for economic empowerment

SOMERS, N.Y.—African-American entrepreneur, the Rev. W. Franklin Richardson, at a recent speaking engagement counseled the Pepsi-Cola Black Employees Association that blacks must overcome the erroneous notion that "poverty equals pity."

Rev. Richardson, pastor of Grace Baptist Church of Mount Vernon, N.Y., is one of the fifteen blacks who invested \$15 million in a joint venture to re-open a Pepsi bottling plant in Johannesburg, South Africa. A Pepsi stockholder, pastor of the largest church in Westchester County, and developer of several prototypes for self-help programs, Rev. Richardson stated that the black church is a many-faceted institution whose roles include moral, civic and social guidance and also insights, both by example and through instruction, into the need for realistic economic planning.

The Reverend told the group at Pepsi headquarters that, "some of us have developed a theology in which poverty is sacred because we see money as being something foreign to God. No other people in the world think that. The Bible does not even suggest that. Our theology must be shaped to help empowerment. The black church offers one key to economic empowerment, but we must be willing to help turn that key."

Black people, the Reverend said, must come to believe that "God wants us to have something."

The main speaker for the delayed

Black History Month commemorations, Rev. Richardson has been pastor of Grace Baptist Church, the largest church in Westchester County, since 1975. Under his leadership, the membership of the church has tripled, growing to more than 3,000 parishioners. The church was founded in 1888 as Grace Baptist Mission, by five black Baptist women.

In his well-received speech, the Rev. reminded Pepsi's black employees that "racism in America is not dead—it has just become more sophisticated."

He cited the recent attacks on affirmative action by some Republican politicians as evidence of a continuing effort to subjugate blacks.

Paraphrasing the famous words of Charles Dickens, Rev. Richardson said that, for blacks, the present is "the best of times and the worst of

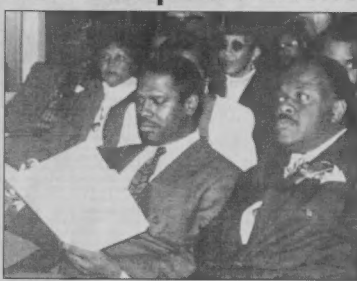
times."

He illustrated the dichotomy of that statement by pointing out the following facts:

- African-American consumers spent more than \$120 billion in 1994, but less than 5 percent of that amount was recycled into the black community
- The black middle class has expanded, but 46 percent of black children live in poverty

Blacks have made significant political progress under the Clinton administration at a time when racial "mean-spiritedness" is increasingly being articulated in the halls of Congress and the Senate.

"Though we have come a long way, we have a long way to go," said Rev. Richardson. He reminded listeners to be cognizant of their history in America, where the notion that blacks were 3/5ths human was at one time written into the Constitution.



Rev. Richardson (r) converses with Maurice Cox, VP corporate development and diversity of Pepsi-Cola.

LEGAL NOTICE

INVITATION TO BID

The Housing Authority of the City of Paterson will receive sealed bids on Thursday, June 1, 1995 at 10:00 A.M., 100 Ward Street, Paterson, NJ for the following items as outlined in Technical Specifications:

- NJ21-1, Riverside Terrace Development
- NJ21-3, Alexander Hamilton Development
- NJ21-4, Dean McNulty Development
- NJ21-5, Christopher Columbus Development
- NJ21-6, Nathan Burnett Homes
- NJ21-6.5, Dr. Andrew McElaine Homes
- NJ21-7, Dr. Norman Cotton Homes
- NJ21-8, Rev. William Griffin Homes
- NJ21-9, Joseph Maxwell Homes
- NJ21-10, Gordon Carfield Plaza

Bidders are to submit bids in an envelope marked with the job title as it appears in the advertisement with bid on both an envelope containing the bid and on an outer envelope.

Coin-Metered Laundry Services—NJ21-1, NJ21-3, NJ21-4, NJ21-5

and:

Coin-Metered Laundry Services—NJ21-6.1, NJ21-6.2, NJ21-7, NJ21-8, NJ21-9 & NJ21-10

All Bidders are hereby notified that they must comply with all applicable Federal, State, and Municipal Laws, rules, and regulations, including but not limited to those pertaining to Affirmative Action, Equal Opportunity, Ownership, Disclosure and Security.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday thru Friday.

The Housing Authority of the City of Paterson reserves the right to reject any or all bids, to waive any informality in the bidding.

No bids shall be taken on a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

Bids must be accompanied by a \$500 Guaranty which shall not be less than ten percent (10%) of the amount of the total bid. Said guaranty need not be more than \$20,000.00. At the option of the bidder, the guaranty may be a certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by guaranty assembly company. Information and completed bonds will be required for successful bidder.

Minority Business Enterprises (MBE) will be offered full

LEGAL NOTICE

INVITATION TO BID

opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of an award.

THE HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND
EXECUTIVE DIRECTOR
05/17/95 FEE: \$120.00

INVITATION FOR BIDS

THE HOUSING AUTHORITY OF PLAINFIELD
The Housing Authority of Plainfield (PHA) will receive sealed bids for the following materials:

ON THURSDAY, JUNE 1, 1995 AT 3:30 P.M.
RANGERS & ASSOCIATED PARTS

All bid packages shall clearly indicate the specific applicable bid number and will be addressed and received on the above dates by the Housing Authority of Plainfield, 510 East Front Street, Plainfield, NJ 07060 at which time and place the bids will be publicly opened and read aloud.

Bid Specifications for the above are available for pick up at the Main Office of the PHA at the said address. Telephone: (908) 753-3127.

Bid Bonds and performance Bonds are not required for these bids. Bidders are required to comply with the requirements of P.L. 1975 C. 127 Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, gender or national origin in consideration of an award.

The PHA reserves the right to reject any or all bids and waive any informality thereto. The PHA reserves the right to reject any partial bids, and to award all or a portion of the award to one or more responsible bidders. No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the PHA.

THE HOUSING AUTHORITY OF PLAINFIELD
RICHARD D. FOX
EXECUTIVE DIRECTOR
05/17/95 FEE: \$68.00

INVITATION FOR BIDS

THE HOUSING AUTHORITY OF PLAINFIELD
The Housing Authority of Plainfield (PHA) will receive sealed bids for the following materials:

ON THURSDAY, JUNE 1, 1995 AT 2:00 P.M.
REFRIGERATORS & ASSOCIATED PARTS

All bid packages shall clearly indicate the specific applicable bid number and will be addressed and received on the above dates by the Housing Authority of Plainfield, 510 East Front Street, Plainfield, NJ 07060 at which time and place the bids will be publicly opened and read aloud.

Bid Specifications for the above are available for pick up at the Main Office of the PHA at the said address. Telephone: (908) 753-3127.

Bid Bonds and performance Bonds are not required for these bids. Bidders are required to comply with the requirements of P.L. 1975 C. 127 Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, gender or national origin in consideration of an award.

The PHA reserves the right to reject any or all bids and waive any informality thereto. The PHA reserves the right to reject any partial bids, and to award all or a portion of the award to one or more responsible bidders. No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the PHA.

THE HOUSING AUTHORITY OF PLAINFIELD
RICHARD D. FOX
EXECUTIVE DIRECTOR
05/17/95 FEE: \$68.00

LEGAL NOTICE

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Residents

Continued from page 1

ents to open a small charter school that will be run by the organization and the parents, not by the state or the board of education.

September 1996 is the target date that ACORN and local parents expect to open the doors of the school to students living in low- and moderate-income households. By knock-

ing on doors and speaking with members of the community, the ACORN organization found that new parents felt neither the city nor the state is not meeting the needs of the students. In addition, Marcus said, "So, it is time we take over."

The campaign does not stop there. By the conclusion of the campaign,

ACORN also plans to assist 100 families in becoming qualified home owners through a Loan Counseling Program, said the chairman.

According to the Community Reinvestment Act (CRA) banks are required to "serve entire communities, regardless of income or race. It has made the American dream of

home ownership a reality for countless families, without requiring a complicated bureaucracy, without costing taxpayer dollars, and without resulting in a higher default rate for banks than for more conventional loans."

The Act acknowledges that "low- or income borrowers of all races continue to face unnecessary hurdles" which "knock them out of contention" for buying a house despite high income to monthly rent ratios. Ultimately, the Act states it serves to bring credit to "underserved communities."

Although none of the 110 banks examined by federal regulators received less than a satisfactory rating the Act states, "the rate of rejection for non-white as compared to white applicants for conventional home purchase loans was extremely high. Rejection ratios (rates of rejection of non-white as opposed to white prospective borrowers) peaked at 18.6, with the average rejection ratio at 3.2." However, forty-two percent of these institutions received the highest rating.

According to the Act, "When credit worthy families cannot borrow money to buy houses or start businesses, neighborhoods fall apart. Houses are abandoned, vacant lots fill with garbage, and store fronts are boarded up; people cannot turn their hard work into assets they can build on and pass on to their children."

Jersey City home owner Reather Rice said, "I had two mortgages on my house with high interest rates. ACORN put me through the Loan Counseling Program and I was able to save my house."

Loan counselors employed by ACORN served as the liaison between the borrower and the lender. In Rice's case, her loan counselor was able to work with the bank to consolidate both mortgages. "It was a struggle...We are now able to meet our (mortgage) obligation," said Rice.

See RESIDENTS/page 10

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UNITED JERSEY BANK

Residents

Continued from page 8

In addition to launching the campaign during the rally, four public officials were presented with the "Friends of the People" award for "working with the community," said Martin.

Kevin Plucka the director of public works, Nick Fargo the Jersey City Fire director, Michael Moriarty the director of police, and a designated police officer (name not disclosed) were all chosen by ACORN as award recipients.

According to the chairman of the year-old Jersey City chapter, as the rally began individuals chit-chatted, then during the rally they chanted words of taking action, and now it is time for sleeves to be pushed up and work to be done.

Inspire

Continued from page 4

they affected blacks and a strategy to deal with them.

What the Essex delegation talked about was mending fences for the next election so that each of them could get what they wanted. Not issues that affect people, but them. Newark Mayor Sharpe James held meetings also. Not about issues that affect people, but about making sure the person he wanted got the party line for the assembly seats.

Essex County has the third largest number of people on welfare in the nation, a staggering debt causing hundreds to be laid off and curtailing services, the county and cities in the county are in a massive corruption probe, with a multitude of other ills and all our elected leaders can think about is themselves. Maintaining their double incomes, their perks, and their VIP status.

Several elected officials threatened us during the 1992 primary saying, "you all are messing with our money." They need to be reminded that they are messing with people's lives.

We do have some elected officials in both parties, who seek to serve the people and address issues,

Statistics of Home Mortgage Disclosure Act

Compiled by the Federal Financial Institutions Examination Council

Percent of Total Approvals
The percentage that a particular category makes up of total applications

Percent of Total Denials
The percentage that a particular category makes up of total denials.

Failure Rate
The total number of all non-originated applications for a particular category divided by the number of applications received for the category.

Attrition Rate
The percentage of non-originated applications due to reasons other than denial. Calculated by dividing the total number of non-denied, non-originated applications minus applications withdrawn or incomplete for a particular category.

Approval Rate
The rate at which applications for a particular category are ap-

proved, calculated by dividing the sum of loans originated and applications approved but not accepted applications by the total number of applications minus withdrawn and incomplete applications.

Denial Ratio
The number of times a particular category is as likely as whites to have its applications denied. Calculated by dividing a given category's denial rate by the white denial rate.

Approval Ratio
The number of times a particular category is as likely as whites to have its applications approved. Calculated by dividing a given category's approval rate by the white approval rate.

News

(Continued from page 3)

mission (CPSC). He has over 10 years of background as a Senate staff aid and legislative counsel. A graduate of the University of Florida College of Law and former executive vice president of the National Medical Association, Moore says he is looking forward to his service as Commissioner and has a long-standing interest in consumer safety. "The value to American families of having oversight of the Consumer Product Safety Commission cannot be overstated. CPSC performs an essential role in protecting the health and safety of consumers," says Moore.

WHAT DOES IT REALLY COST FOR A PAIR OF ATHLETIC SHOES?

The typical American is said to now own two or three pairs of athletic shoes, which range in price from \$20 for old-fashioned sneakers to \$135 for top-of-the-line basketball shoes. The following is an accounting of a pair of Nike Air Pegasus: Production costs to Nike \$20; cost to the retailer \$35.50 and cost to consumer \$70.00. After payment of expenses to Nike, the average retailer makes a \$9.00 operating profit on each sale.



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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

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BRIEFS

Children may need more fiber

Many children may not be getting enough dietary fiber.

"The average diet is highly refined and overprotecting removes much of the natural fiber that children and adults need," said Janice Stiff, a registered dietitian at the USDA's Children's Nutrition Research Center.

Stiff said that a 40-pound child needs 10 grams of fiber daily compared to 15-20 for teens and 25-35 for adults. A child can get 10 grams of fiber each day by eating a whole-wheat bread sandwich, an apple or pear, a half-cup of vegetables and a half-cup of beans or lentils, said Stiff.

To be sure a child is getting enough fiber, Stiff suggests:

- Adding raisins or berries to whole-grain cereals
- Adding whole-grain flour to pancake mix
- Adding vegetables to pizza toppings and spaghetti sauces
- Serving popcorn as a snack

Taking off pounds lowers cholesterol

Measuring the success of a low-fat diet prescribed to lower cholesterol is as easy as stepping on the scales. Weight loss signals a reduction in cholesterol for most people.

Participants in a study at the DeBakey Heart Center had cholesterol levels above 240 level, was considered high by the National Cholesterol Education Program. The 59 men and 164 women were given the American Heart Association's Step 1 diet that limits total calories from fat to 30 percent, with no more than 10 percent of calories from saturated (animal) fat.

Those who lost five pounds or more in the first month and kept the weight off for six months and lowered their cholesterol by almost 10 percent. Those who did not lose weight achieved only a 4 percent cholesterol reduction.

Children and vegetables don't always mix

Children need help in minding their "Peas" and "Q's." They need at least three vegetable servings daily, said Janice Stiff, a dietitian at the USDA's Children's Nutrition Research Center.

For children ages 1 to 3, one tablespoon per year of life is a serving. For ages 4 to 8, a

quarter-to-a-third-cup of cooked vegetables or a half-cup of salad is a serving. For ages 9 to 17, it's a half-cup of cooked vegetables and a cup of salad.

To make vegetables more appealing, Stiff suggests:

- Mixing favorite vegetables with less popular ones.
- Offering celery stalks as "edible spoons" for scooping up stew.
- Adding red or green bell pepper to tacos.
- Taking children to farm stands or produce markets to let them select their own vegetables.

Three essentials of exercise

A promise to exercise should include three things: stretching, strengthening and cross training.

Stretching should be done every day for 10 to 15 minutes for: stretching the buttocks, thighs and calves. Also, the back, chest and abdominal muscles in the trunk area and the shoulders and arms should be stretched daily, even if no other workout is planned.

Strengthening exercises should be done two to three times weekly. Resistance, or weight training, should focus on making you stronger for the activities you enjoy.

Cross training improves over-all muscular coordination. Find two or three activities that combine strength and coordination and rotating them through the workout schedule.

Be careful with poultry

Don't go for the "quick thaw" and let bacteria endanger your family's health. Poultry defrosted outside the refrigerator too long is prone to contamination with salmonella bacteria. Once poultry has thawed, it is important to cook it thoroughly to kill bacteria and avoid illness.

Salmonella poisoning is caused by bacteria that develop in raw or undercooked meats and other foods in warm environments. When eaten, the bacteria grow in the intestines, causing stomach pain, nausea, vomiting, diarrhea and dehydration. Over-the-counter anti-diarrheal medications can help soothe your stomach pain, but drink plenty of fluids to treat dehydration.

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ATTENTION—Sign up for first aid course at the Plainfield American Red Cross. For more info call 908-756-6414.

ATTENTION—Toll free number for NJ Division American Cancer Society providing information for patients, families and general public. Call 1-800-ACS-2345 9 a.m. to 5 p.m. Monday-Friday.

WEDNESDAY, MAY 17

WEST ORANGE—"Running Assessment III" sports training and rehabilitation series from 5:45 to 9 p.m. at the Kessler Institute. For more info call 201-731-3900, ext. 2757.

PLAINFIELD—Fourth annual "Spring Awakening" for friends and family of people with disabilities at The Arc from 9 a.m. to noon. For more info call 908-754-2301.

THURSDAY, MAY 18

BELLE MEADE—"Craving and Cocaine Dependence" lecture at Carner Foundation from noon to 1 p.m. For more info call 908-281-1461.

IRVINGTON—Community High Blood Pressure Control Program at the Municipal Building from 4:30 to 7 p.m.

WASHINGTON—Community Health Accreditation Program at the Senate Capitol Building Room 5 from 8:30 a.m. to 5 p.m. For more info call 1-800-669-9656, ext. 451.

FRIDAY, MAY 19

NEWARK—Symposium: New Initiatives in Medical Education and Healthcare at the Alumni Reunion Weekend at UMDNJ. For more info contact Dr. Elizabeth Alger at 201-982-5436.

BRIDGEWATER—NJ Association of the Deaf-Blind, Inc. 3rd annual Benefit Dinner at the Bridgewater Manor from 6 to 10 p.m. For more info call 908-805-1912.

PLAINFIELD—Union County College offering non-credit training program for Home Health Care Aides. For more info call 908-709-7602.

SATURDAY, MAY 20

HACKENSACK—"Menopause: Changes and Choices - A positive Look at Female Sexuality in the Middle Years" seminar at the Center for Family Life Education. For more info or to register call 201-489-1265.

NEWARK—International AIDS Candlelight Memorial and Mobilization event at Branch Brook Park at 2 p.m. For more info call 201-483-4250.

MONDAY, MAY 22

LIVINGSTON—National Multiple Sclerosis Society to hold newly diagnosed workshops at St. Barnabas Medical Center from 7 to 9 p.m. For more info call 201-984-6667 or 361-7686.

WEDNESDAY, MAY 24

NEW YORK—Conference on Sudden Cardiac Death in Athletes and Reception for the Arthur Ashe Institute for Urban Health from 3 to 6 p.m. at Chemical World Headquarters. For more info call 718-270-3101.

TUESDAY, MAY 30

SCOTCH PLAINS—"Clinical Laboratory Skills I"

summer session at Union County College. For more info call 908-889-2400.

CRANFORD—"Nursing II" summer session at Union County College. For more info call 908-709-7500.

THURSDAY, JUNE 1

FREEHOLD—"Healing Childhood Trauma" program at the Carrier Foundation from 6:45 to 9 p.m. For more info call 908-281-1591.

JUNE 2, 3

WAYNE—Walkers and runners needed for "American Cancer Society's Relay for Life: A Team Event to Fight Breast Cancer" at William Paterson College. For more info call 201-736-7770.

SATURDAY, JUNE 3

NEW YORK—Second Primary Hyperparathyroidism Patient Education Meeting at Columbia-Presbyterian East Center. For more info call 212-229-1582.

MONDAY, JUNE 5

WESTFIELD—Support group for people caring for the elderly or chronically ill relatives in the parish center of St. Helen's Church at 8 p.m. For more info call 908-233-8757.

WEDNESDAY, JUNE 7

WEST ORANGE—Fifth Annual Spinal Cord Injury Retreat, "Making the Most of Your Healthcare Dollars" at the Kessler Institute from 9:30 a.m. to 4:30 p.m. For more info call 1-800-248-3221, ext. 2372.

THURSDAY, JUNE 22

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

JULY 20 - 22

GHANA, AFRICA—Second International African Symposium on Sickle Cell Disease as well as a tour of Ghana. For information packet including land and travel costs as well as payment plan. Write to The Children's Hospital of Philadelphia, Attn: Comprehensive Sickle Cell Center, 324 S. 34th St., Philadelphia, PA 19110-9787 or call 215-590-3423.

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Smoking and teens

To discourage teen smoking, use three tactics: start early, don't nag and "get them thinking."

"Never, never nag," said Dr. Larry Laufman, a cancer-control education expert at Baylor College of Medicine in Houston. "Harassment is a sure-fire way to keep them smoking."

Others agree—Rebecca Hill, an adolescent medicine specialist, and Alan Blum, a family physician, both believe that if teenagers have their minds firmly set to smoke, it is difficult to dissuade them.

"You cannot make people do something they do not want to do," Hill said. Blum feels even stronger, believing that success can be further hampered by the influences of tobacco advertising.

Parents can begin early to get across the message about smoking's dangers. Hill advocates a family environment that encourages open discussion.

"That may not stop them from smoking, but it will pave the way for honest talk when the time comes," she said.

Laufman says to build teen self-esteem, reward success throughout life instead of punishing failure.

"With the tremendous peer pressure to smoke, self-esteem is crucial," he said. "Parents should reward success, not punish failure. This builds the ability to say 'I can do it.'"

Blum believes parents can take steps when children are young to "poke fun" at the whole idea of smoking.

"We should let them know just how silly smoking looks," he said. "If they see smoking as something 'uncool,' it may help."

Blum, Hill and Laufman concur with

(Continued on page 6)

Good back health no mystery

James L. Phillips, M.D.



Back pain is one of the most common complaints that many doctors hear. Years ago, a patient may have been told to "just learn to live with it." Today, many cases of chronic back pain can be prevented—if you

understand how your back works.

Your spine extends from the neck to the buttocks. Individual bones, or vertebrae, encircle and protect the spinal column and nerves.

Your back muscles are attached to the vertebrae which are separated by discs that cushion the bones.

Common causes of back pain are spasms, tension and muscle pulls or tears. These can occur as a result of muscles which are too weak to properly support the back.

Constant muscle tension is also believed to be a risk factor for degenerative disc disease, a more serious problem that may require surgery to prevent pain and damage to nerves.

Back pain is considered a chronic medical problem when it lasts more than six months and interferes with normal, daily activities. Many people with chronic back problems are not able to find out the cause of the pain and must rely on therapy, exercise and medication

to ease the discomfort.

Eighty percent of back pain is caused by muscle or ligament strain, frequently caused by improper lifting or a sudden, awkward movement. Treatment can be as simple as rest and ice for the first 24 hours, after which walking can be resumed, while cold packs are continued.

Strong muscles in the back, legs and abdomen are important to supporting your spine. A regular regimen of exercise targeting those muscles is one good way to prevent injury.

Most people recover from back pain in a few weeks, but for 65,000 people annually, back injuries are chronic and disabling. Any back pain lasting more than a few days should be checked by a physician.

HB KIDS

American Dairy Association announces milkshake recipe contest for teens

CEDAR KNOLLS, NJ—It's no secret that today's teenagers don't consume enough calcium. Unfortunately, most teens don't even get half of the government recommended daily requirement for calcium, according to the National Dairy Council.

To increase awareness about their need for calcium, and to increase their desire for milk, the American Dairy Association and Dairy Council, Inc. (ADADC) is asking teens to create or share their favorite original recipes for milkshakes. The contest is open to all kids ages 10-16 who live in New Jersey, New York and Pennsylvania.

All milkshake recipes must start with at least 1/2 cup of milk, per 8-ounce serving. Any type of ingredient or flavor, including ice cream, yogurt, candy, fruit and flavored syrups can be used to create decadent desserts,

low-fat snacks or breakfast-on-the-go shakes. ADADC is specifically looking for new, creative recipes that will appeal to teens.

Finalists will be notified, and invited to participate in a recipe "Shake Off" during July. The top shake wins \$500, a year's supply of ice cream, and an expense paid trip to the national "Shake Off" contest in October. Second place wins \$250 and an electric ice cream maker, and third place wins \$125 and an electric ice cream maker.

Entries should be sent to: American Dairy Association "Shake Off" Contest 14 Ridgedale Avenue, Suite 260 Cedar Knolls, NJ 07927.

All entries must include a shake name, recipe, your name, age, phone number and address. Entry deadline is June 30, 1995.



Tips to be fit

by Vince & Yolanda

"Are starchy foods like corn bad for you if you're losing weight? I like corn."

Robin
Media, Pa.

Starchy foods are important for balanced nutrition. They supply you with needed fiber, minerals and vitamins. Starchy foods are also low in fat. The fat content increases when you add butter or other high calorie sauces that contain saturated fat.

Don't stop eating corn. It's an excellent source of vitamins A and C. It's also low in sodium and fat. Sweet corn can be either yellow or white. Ears should be full with firm, bright, milky kernels, but give a little when pressed. Look for fresh green husks. The husk should be dry and the silk yellow.

There are several ways to cook corn. When boiling, use enough water to cover the corn. You should cover the pot and cook rapidly for seven to 10 minutes. You can season your corn by adding oregano, parsley

and Italian seasoning to the water.

You can also add cooked corn kernels to your pancakes, waffles and muffins. You shouldn't eat corn with proteins because it's a starchy food. Corn will digest best with other vegetables.

"What is the difference between losing weight by dieting alone and losing weight by exercising?"

Janet
Wynnefield, Pa.

Dieting alone to lose weight will lead to a muscle mass loss and a fat and water loss of around 50 percent. Weight lost through proper diet and exercise will result in a fat loss of around 98 percent and lean muscle mass may increase.

The loss of lean muscle will weaken the muscles and organs and slow down metabolism. The rate at which the body burns calories is directly related to lean body weight. In other words, muscle helps burn calories. When you lose weight by dieting alone your me-

tabolism burns calories at a slower rate. When you quit dieting, your body continues to burn calories slowly. Consequently, you gain the weight you lost and sometimes more.

Each time you diet this way, your metabolism is strained, as well as heart function, kidney function, and bone and muscle production. Instead of cutting calories, work out for 30-60 minutes three to five times a week. Walking is great for the beginner and jogging can become addictive. You'll also want to do toning exercises for each part of the body, such as weight training or calisthenics. Experiment with different workouts and find something you enjoy. Make sure you consume between 12 to 15 calories per pound of body weight daily.

"How can I get my kids involved in fitness?"

Jack
Phila., Pa.

(Continued on page 6)

HB HEALTH

Walking gains speed; running loses steam

While it seems as though most people today are in-line skating, jogging, or working out regularly at a health club, there's only one physical activity that everybody really is doing. Everybody's walking. In fact, walking is the number one participation sport in the country, boasting 64 million participants.

In a new survey conducted by the makers of Dr. Scholl's, over 78 percent of the more than 1,000 respondents claimed that they walk for exercise, compared to a mere 18 percent who run or jog. Walking also beat exercising at home or in a class (a distant second at 57 percent), bicycle riding (48 percent), swimming (44 percent), and playing other sports (39 percent).

Walk And Talk

The Dr. Scholl's survey reveals that walking is a social sport—56 percent of participants choose to walk with a pet or other person; 44 percent report that they walk alone.

According to Mark Smaha, director of athletic medicine at Washington State University and member of the Dr. Scholl's Foot Health Council, "walking is really catching on as an exercise because people can walk in groups and hold conversations while they're doing it. It's hard to hold a conversation while you're running or doing aerobics."

Walk A Lot

Walkers also walk with more frequency than athletes who participate in other sports. According to the survey, walkers exercise an average of 3.7 times per week, while people who exercise at home or in a class do so 3.2 times per week and runners jog an average of 2.7 times per week.

Generations Walking On Common Ground

The Dr. Scholl's survey indicates that walking is a physical activity that appeals to all age groups. Walking beat running in every age category, and the difference was especially apparent in older age categories. In the 55-to-64-year-old group, for example, nine percent of respondents say they jog, whereas 89 percent report that they walk for exercise.

When Dr. Scholl's compared genders, women high-stepped past men with 82 percent saying that they walk for fitness. Men walk less frequently, but still have a strong finish with 72 percent responding that they walk for exercise.

Walk Safely

Although walking is a healthy activity, it can cause a host of foot problems when people don't do it right.

"While walking does not exert nearly the amount of stress on feet that running does, walkers must wear correct footwear and stretch out before they exercise," says Smaha. "Comfort and support can be increased by wearing insoles like those made by Dr. Scholl's and shoes specifically designed for walking."

Of the 78 percent of survey respondents who say they walk for exercise, only 42 percent wear shoes specifically made for walk-

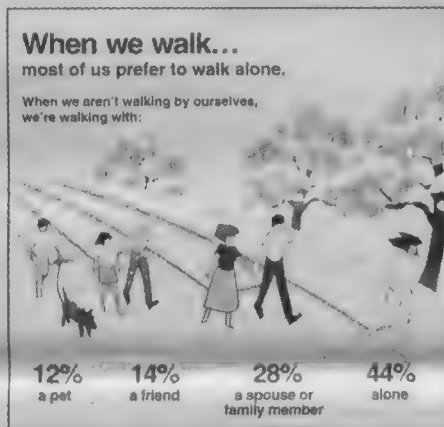
ing. The remaining 58 percent chose other styles of footwear.

Other noteworthy results from the survey were:

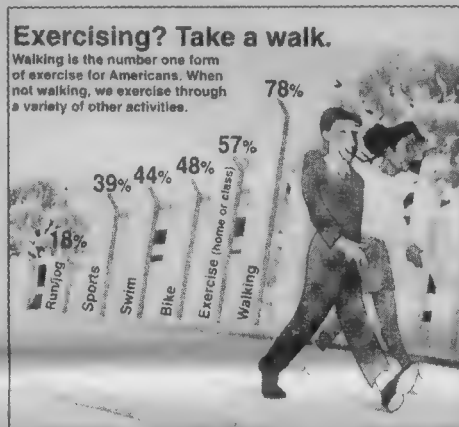
34 percent of walkers walk once a day or more; only 17 percent of joggers jog this often.

80 percent say that they walk outdoors; 11 percent walk indoors and 9 percent walk both inside and outside.

87 percent of those who walk, walk with no radio or other music. Six percent walk with a radio; six percent walk with tapes or CDs.



Graphs provided by Dr. Scholl's, national sponsor of March of Dimes WalkAmerica.



AAA helps seniors walk in safety

Although older adults represent only 13 percent of the population, nearly 25 percent of pedestrian fatalities involve someone 65 or older, reports the AAA New Jersey Automobile Club.

A new safety program—"AAA Walking Through the Year...Pedestrian Safety for the Older (65+) Adult"—has been developed by the AAA Traffic Safety and Engineering Department to help this growing segment of the population walk more safely.

"Many mature people enjoy active lifestyles that include walking and jogging, but far too many are fatally injured each year while crossing the street," said Paul Kielblock, the AAA New Jersey Automobile Club's Safety manager. "As the vision, hearing and reaction time of our aging population decline and bodies become more fragile, we may see an increase in pedestrian fatalities."

The number of people age 65 and older is expected to jump 62 percent between 1990 and 2020. If their accident rate remains the same as it is today, the number of older pedestrians injured and killed will increase from 10,000 to more than 16,000.

To help make walking safer for seniors, AAA developed a public awareness program, which includes the following advice:

- See—before stepping off the curb, be sure you can see turning approaching vehicles, especially at intersections.
- Be seen—wear light, bright colors during daylight, particularly in winter when the low angle of the sun creates long shadows. At night, wear reflective material and carry a flashlight.
- Walk smart—a green light and "walk" signal don't necessarily mean it's safe to step off the curb. Don't assume all vehicles will stop just because one has.
- Time it—pedestrian signals often don't allow enough time for people to get all the way across before they begin flashing. Don't start if the signal is already flashing. If you're in the middle of the street, continue to the other side.

Senior clubs or groups interested in hosting the free AAA program, are invited to call Paul Kielblock at 201-377-7200 (Ext. 274).

Older pedestrians are also invited to request a copy of the free pamphlet "Walking Through the Years." AAA also has a new brochure "Maintaining Your Vehicle," the fourth in a series of brochures called "Straight Talk for Older Drivers." To request these materials, send a self-addressed, stamped, business-size envelope to: Older Driver Brochures, AAA Safety Department, 1 Hanover Road, Florham Park, NJ 07932.

VA to open new health practice in Hackensack

The Director of the East Orange Veterans Affairs Medical Center today announced the formation of a new VA

health care practice in Hackensack scheduled to open in June of this year.

"This new VA practice group is designed to better meet the primary health care needs of the veterans community. We received requests from veterans in Bergen County to open a health practice closer to their homes and communities."

"We've now signed a lease with Raia Properties Management Company in Hackensack to establish the practice in their medical office building at 385 Prospect Avenue," explained Ken Mizrach, director of the East Orange VA Medical Center.

The arrangement will provide veterans with access to primary health services in a modern, convenient location. Staff at the Hackensack practice will provide general medical care office visits for veterans with scheduled appointments. Patients will be referred for specialty care and diagnostic testing to the East Orange VA Medical Center.

The Hackensack practice number is 201-487-1390 and registration and information calls are being handled by East Orange VA staff until the office opens. All honorably discharged veterans are eligible to enroll in the practice. Veterans who wish to enroll or would like more information can call between 9:00 a.m. and 3:00 p.m. weekdays.

Lovell Jones co-chairs Survivorship Symposium



Professor and director of Experimental Gynecology and Endocrinology at the MD Anderson Cancer Center in Houston, Texas, Lovell A. Jones, Ph.D., co-chaired the Cultural Diversity, Public Policy and Survivorship 5th Biennial Symposium on Minorities, the Medically Underserved & Cancer.

Safe summer cooking on the grill

The lazy, hazy days between Memorial Day and Labor Day mark the time to break out the backyard barbecue grill.

This is also a good time to "grill" say the experts from USDA's Meat and Poultry Hotline about cooking and handling foods safely to avoid food poisoning.

"Safe-food handling is always important, but during the warm summer months—peak grilling season—there is an increased need for awareness of safe food handling practices," says Susan Conley, director of the nationwide toll-free hotline.

Cases of food-borne illness do rise during the summer. The Hotline offers advice to consumers with questions about safe handling and preparation of meat and poultry products.

Here are some of the most common topics when callers "grill" the Hotline experts:

Marinating. The Hotline advises to marinate raw meat, fish and poultry in a glass dish in the refrigerator—not on the counter. "If you plan to use some of the marinade as a dip or basting sauce later, set aside a portion before adding raw meat or poultry to it," advises Marilyn Johnston, one of the experts on the Hotline. "Don't re-use the marinade from raw meat unless you boil it for several minutes to destroy any bacteria from the raw meat."

Pre-cooking. Many Hotline callers ask whether it's safe to save time on the grill by partially cooking meat or poultry ahead of time to finish up on the grill. "Yes, it is safe,

but only if the food goes immediately from the microwave or range to the grill," says Bessie Berry, senior home economist on the Hotline. Interrupted cooking is risky business. If you must cook ahead, cook the meat completely and then cool it fast for re-heating on the grill later.

Cooking Thoroughly. For safety and quality the coals should be very hot before cooking food. It can take 30 minutes or longer before the coals are ready. They should show a light coating of ash for optimal heat.

"Meat and poultry should be thoroughly cooked," states Conley, "and it's best to use a meat thermometer to check for safety and doneness." Large cuts of beef like roasts may be cooked to an internal temperature of 145° F for medium rare and 160° F for medium. Whole poultry should reach 180° F.

Don't eat raw or undercooked hamburgers made from meat or ground poultry since harmful bacteria could be present. To be sure bacteria are destroyed, cook meat patties to 160° F, ground poultry to 165° F.

"It's always a good idea to take an 'exploratory' cut into any patties, poultry, meat or fish to check doneness," says Conley, "because on the grill, often the outside looks done, but the inside is not. Juices should be clear and meat should not be pink."

Grilling and Cancer Concerns. "Worries about overcooking or charring foods brings more concerned callers," says Diane Van, another hotline food safety specialist. "We

get a lot of calls from people who are afraid to grill because they have heard consuming grilled foods could be linked to cancer. As long as you're not cooking every breakfast, lunch and dinner on the grill, there shouldn't be a problem. The answer: moderation."

The American Cancer Society suggests trimming visible fat that could make the fire flame up and char the food. Pre-cooking in the microwave and conventional oven also lessen grilling time and reduce risks. The Society also suggests raising the cooking level of the grill so food is farther from the heat, avoid eating charred or burned portions of food and clean the grill thoroughly after cooking.

Serving Grilled Food. Serve hot, grilled foods immediately. Put cooked foods on clean plates that weren't used to hold the raw meat or poultry. Perishable foods should be consumed within two hours, one hour if the

outside temperature is above 90° F.

Cleaning Up. Clean the grill after each use. "Also, refrigerate any leftovers promptly," advises Conley. "Divide larger quantities into small, shallow containers."

Taking Leftovers Home. A number of Hotline callers ask about the safety of taking home perishable foods from picnics. Barbara O'Brien, a registered dietitian on "the line" suggests, "If you are returning home from an outing within four to five hours, and your perishables were on ice except when cooked and served, you should be able to save the leftovers. Be sure the foods are refrigerator cold to the touch and ice or a cold source remains when you arrive home."

For more information about grilling or other questions about safe handling of foods, call the Meat and Poultry Hotline at 1-800-535-4555.

Planned Parenthood holds free health week

NEWARK—Planned Parenthood of Metropolitan New Jersey will hold a free Women's Health Week from May 22 to May 26 at the Chubb Center, 151 Washington Street, Newark. Free services include: physical exam, breast exam, sexually transmitted disease

screening, Pap smear, blood pressure exam, blood test (anemia), and urinalysis. There is a nominal fee for the Chlamydia test, pregnancy test, diabetes and cholesterol screening and contraceptive and treatment supplies. For an appointment and more information call 201-622-3900.

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HB DISCOVERY

Ten ways to boost your calcium

Did you meet your recommended daily allowance of calcium today? The American Dairy Association and Dairy Council, Inc. is kicking off National Osteoporosis Prevention Week (May 14-20) by sharing with consumers easy suggestions for increasing your calcium intake.

Osteoporosis affects over 25 million Americans and costs our country over \$10 billion annually in medical expenses. Causing over 1.5 million bone fractures a year, osteoporotic hip fractures result in as many deaths in the United States each year as car accidents.

Since osteoporosis is symptomless, the first sign is often a fracture. "If the body is deprived year after year of calcium-rich foods, it will begin using up the calcium stored in bones," explains ADADC director of Nutrition Peggy Pettingill. "Calcium is the most essential nutrient for bone growth and maintenance. Without it, bones become weak and highly susceptible to injury," she adds.

Osteoporosis is largely preventable. Drinking milk and consuming other calcium-rich foods during the growth years is crucial to building strong bones. However, calcium consumption at any age is necessary to maintain existing bone mass.

To meet the calcium RDA, children ages six to ten should consume at least three

servings of milk or dairy per day; teenagers (11-24): four servings; adults (25+): three servings; and pregnant and nursing females, four servings.

Here are ten ways to boost your calcium:

- Enjoy milk with meals or as a snack. Adding one glass of milk a day can add 300 mg of calcium to your diet instantly.
- Drink chocolate milk for a refreshing break. Eight ounces equals 300 mg of calcium and the same nutrients as unflavored milk.
- Add cheese to a sandwich, hamburger, baked potato or salad. One ounce of cheddar cheese or mozzarella equals 200+ mg of calcium.
- If you're lactose intolerant, try smaller amounts of milk with meals, aged cheeses or yogurt with active cultures.
- Enjoy yogurt at breakfast, lunch or as a quick snack. One cup (plain) contains about 400+ mg of calcium.
- Prepare hot cereal, cream soups and sauces with milk instead of water.
- Select high-calcium combination foods such as pizza, lasagna, cheese enchiladas or macaroni and cheese.
- Warm up to a cup of hot cocoa made with milk, not water.
- Blend milk and ice cream for an easy calcium-rich shake.
- Indulge in a scoop of frozen yogurt, ice cream or pudding for dessert.

Neurofibromatosis support group offered at Muhlenberg

PLAINFIELD—In an effort to call attention to the disorder of neurofibromatosis (NF) and the research that will eventually bring its cure, the New Jersey Chapter of the National Neurofibromatosis Foundation and Governor Christine Todd Whitman have declared May to be Neurofibromatosis Awareness Month. More than 2,000 families in New Jersey have someone affected by this disorder.

The medical science community has begun to make advances in treating NF, a noncontagious, genetic disorder that usually appears in childhood or in adolescence, but that can occur in adults as old as 110. The primary sign of this condition is the development of neurofibromas, tumors that develop in and along nerves and nerve sheaths.

Some other physical signs can include external skin tumors, severe curvature of the spine, enlargement and deformation of bones, deafness, blindness and paralysis.

Much about this disorder remains a mystery, including why the gene occurs in approximately one out of every 4,000 births create this condition. However, medical re-

searchers recently announced the successful development of a direct gene test for both sporadic and familial cases of NF. Using blood and tissue samples or amniotic fluid, the new test can detect about 70 percent of gene mutations.

Results of the breakthrough test, while not resolving every diagnostic dilemma, help significantly with early or unclear diagnoses.

Providing education and support to those with NF is the mission of a support group based at Muhlenberg Regional Medical Center.

One of only three in the state, the Muhlenberg group also presents educational conferences and serves as an information center for members of the public trying to learn more about neurofibromatosis.

More information about the disorder and about the Muhlenberg-based support group is available by contacting Donna Oettinger, New Jersey Chapter President, National Neurofibromatosis Foundation, or Carol Kleissler at the Neuroscience Center For Excellence, 908-668-2612.

HEARTBEAT—Your Guide To Healthy Living

Tips to be fit

(Continued from page 3)

If you walk or jog on a track or a similar flat surface, you can take your kids along for the workout. If their legs are too short to keep up with you while walking or jogging, let them ride a tricycle or bicycle around the track while you jog. If you have a daughter who still plays with dolls and has a baby carriage, she can walk her dolls while you get into your workout. Outdoor, skates and roller blades are popular. Skating promotes agility, coordination, builds strong thighs and hips, burns fat and works the heart and lungs. Make sure you monitor your kids so they don't overdo it. When they get tired tell them to rest. Remember start them out slowly so they don't become discouraged. Teach your kids to get high on fitness and say no to drugs.

"I'm 27 years old. I've just gotten back into exercise and I want to know if I need to eat meat to get in the iron I need? I'm getting a lot of opinions. Do I need beef if I exercise?"

Veronica
Cherry Hill, N.J.

Do females who exercise need to eat beef? Dietary facts suggest that we should include red meat in our diets. The mineral iron is found in vegetables and fruits but this iron is a nonheme form of iron. This iron can be used by the body, but not as easily as the iron found in beef and other meats. When a group of female exercisers who ate beef were compared to a similar group of non-beef eaters, they found that the non-beef eaters had problems with low iron levels. Good usable iron is also found in chicken and fish, but beef still provides the most easily used iron. Remember only four to six ounces of lean beef will give you the iron you need, not a whole steak.

Cycling and Kids

After your child has mastered the art of riding a bicycle, they have an excellent source for conditioning. When you ride a bicycle for fun or exercise remember to start with short

distances at a steady pace. Build on your distance, speed and the time. To get the most out of your cycling, you should adjust your seat so that your legs are fully extended when the pedal is at the bottom of your bike. At the top, the toes should be tilted back and the heel slightly down. You should always pedal with the ball of the foot and not your toes.

Riding a bike is a great form of exercise for your kids. But, you should follow some safety tips. More than two million children receive bicycles for gifts each year. Each day one child dies from a bicycle injury. Most of these injuries can be avoided. Here's how: follow all traffic rules; make sure you give

signals when you make turns; stop for red lights and never ride against traffic; maintain your brakes and tires; be more cautious when riding in the rain; wear reflective clothes at night and make sure your child wears a helmet. Wearing helmets could reduce the death rate resulting from bicycles by 50 percent. These are just a few safety tips that will make your child's ride safe.

Before starting your fitness program consult your physician.

Send your questions and comments to *Tips to be Fit*, PO Box 53413, Phila., Pa., 19105, or call 215-387-3081.

Smoking

(Continued from page 3)

statistics that show children of smokers are more likely to smoke. When teens smoke, parents may feel helpless, but, Hill said, parents can let teens know that while they cannot control smoking, they can control smoking in the house and car. Also, be aware of the teen's nature.

"If their child is someone who runs left when they say right, then it may seem impossible to dissuade them. But if their child responds to frank talk, then it's worth a try," says Hill.

"To get them thinking may be as simple as a serious discussion or have them read a brochure," Laufman said. "Even if the seed is only planted, it's a start."

Blum advocates parental involvement by influencing tobacco companies, government officials and lawmakers to prevent tobacco companies from targeting younger smokers.

One thing on which all three agree: Anticipate the problem and when it occurs, don't ignore it.

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HB PULSE

McCain squeezes innovation into juice industry's latest launch

The U.S. is considered the world leader in food and beverages, and product developers like Paul McCain are one of the big reasons why.

McCain's latest breakthrough is expected to influence consumers' nutritional choices for years. In just nine months, McCain, manager of juice development for Tropicana Products, Inc., in Bradenton, Florida, spearheaded the development of the U.S.'s first not-from-concentrate nutritionally enhanced orange juices, the Tropicana Pure Premium Plus line.

The three new orange juices—Tropicana Pure Premium Plus Calcium and Extra Vitamin C; Tropicana Pure Premium Plus Vitamins A, C & E; and Tropicana Pure Premium Plus Fiber—were introduced nationally in February.

"The greatest challenge for our team was researching and finding the best kinds of calcium, fiber and vitamins to blend with our flagship orange juice. Establishing the systems to blend them with no taste trade-offs was also critically important," McCain said.

"Today's consumers are much more aware



Paul McCain

of nutrition and health issues. The potential for disease prevention has kept nutrients such as calcium, the antioxidant vitamins A, C and E and dietary fiber in the spotlight," says McCain.

BCPH names vice president

Lloyd C. Price Jr. has been appointed Vice President of Managed Care and Corporate Development of Bergen Pines County Hospital. "We welcome Mr. Price and the expertise he brings to Bergen Pines County Hospital in this new and exciting era of health care services and their delivery," remarked Bergen County executive William "Pat" Schuber. A graduate of Princeton University with a BS in civil engineering, he received an MBA from Harvard University Graduate School of Business Administration. Price has twenty years of experience positioning health care and Fortune 500 firms for increased market penetration. His areas of expertise include marketing, strategic alliance formation, product management, market planning and business development, strategic analysis and is-

suces management and business process re-engineering.



Lloyd Price

Coalition formed to fight domestic violence

CRANFORD—The County Coalition to Confront Domestic Violence has been formed to address the issue of domestic violence through educational programs for county health providers. Under a grant from the Geraldine R. Dodge Foundation, Howard Holtz, M.D., of Saint Barnabas Medical Center has developed a module for emergency health care providers and set up coalitions in each county in the state.

The coalitions will assess need for domestic violence staff trainings and more efficient delivery of services to victims. They will then coordinate trainings and work towards fostering stronger ties between health care providers and community domestic violence programs. The training meets the new Joint Commission on Accreditation of Healthcare Organizations (JCAHO) guidelines.

Lisa Smith, director of Outreach Ser-

vices, at the YWCA of Eastern Union County is the coalition's Chair. Claire Cozzi of the Mental Health Association of Union County and representatives from Elizabeth General Medical Center, St. Elizabeth's Hospital, Rahway Hospital, Muhlenberg Hospital, Union Hospital and the Plainfield Health Center are members of the coalition.

To date, trainings have been completed in two area hospitals and others have been scheduled. A video for future training's is being made available by Muhlenberg Hospital. The Ad Hoc Coalition will continue to meet to coordinate the provisions of the grant in Union County. A statewide conference on domestic violence will be held in October for all those involved project as well as interested parties involved in emergency services to victims of domestic violence and elder abuse.



Scott Alenick, M.D. of Englewood, a pediatric cardiologist at The Children's Center at Newark Beth Israel, shows one of the pediatric patients a shortcut on the computer. Alenick coordinated getting the equipment, along with various software programs totaling approximately \$4,000, which were donated by dozens of computer companies and individuals throughout the country. The computers help make a youngster's stay at Newark Beth Israel Medical Center a little more enjoyable and less stressful.

Celebrating 25 Years on the Road to Healthier Babies!



Pictured with Devin Knight, the 1995 March of Dimes National Ambassador, is Patricia Clark, a resident of Edison, chief executive officer of Waterford Limousine Service in Newark and a March of Dimes board member. Clark had the chance to visit with Devin Knight during Devin's recent tour of North Jersey. Born critically ill and alive today due to pioneering March of Dimes research, Devin tours the country to raise awareness about the March of Dimes mission.

College of Saint Elizabeth nursing program receives reaccreditation

On March 14th the National League for Nursing met and reaccredited the Nursing Program at the College of Saint Elizabeth. The program was reaccredited for the full eight years with no interim report required and only a few, to-be-expected, minor recommendations. The reaccreditation came after lengthy preparation and the development of an extensive self-study by Nursing Program faculty and staff, under the leadership of Dr. Janet Lehmann.

Head team at new Blue Cross Blue Shield Health Center at Jersey City

NEWARK—Dr. Frances B. Pelliccia, Dr. Marwan Assaleh, and Dr. Laura Marie Saint Martin have joined the physician group practice at the recently opened Blue Cross Blue Shield Health Center at Jersey City.

Dr. Pelliccia, an internist-pediatrician, is serving as medical director of the center. She holds her medical degree from the University of Medicine and Dentistry of N.J., where she also completed her residency.

Dr. Assaleh, a board-certified internal medicine specialist, holds a medical degree from Damascus University, Damascus, Syria. He completed his residency at Atlantic City Medical Center.

Dr. Saint Martin, a board-certified family practitioner, obtained her medical degree from Charles R. Drew Medical School, Los

Angeles, Calif. and completed her residency at Riverside General Hospital, Riverside, California.

"The doctors we have selected to staff the Jersey City center are highly experienced medical professionals," said William J. Ivarino, president of BCBSNJ. "They meet rigorous standards set by our network, ensuring that personal attention and quality care are consistently provided to patients at affordable rates."



Dr. Assaleh



Dr. Saint Martin



Dr. Pelliccia

East Orange General Hospital offers rehab services

EAST ORANGE—The Department of Rehabilitation services at East Orange General Hospital provides a variety of services that will improve the well being of people of all ages.

Physical therapy will assess and treat individuals with acute and chronic pain, orthopedic disorders, neurological disorders and physical disabilities.

Occupational therapy will improve function and coordination in upper extremities and hands, promote readjustment to activities of daily living and return to work.

Speech-language therapy will improve ability to speak clearly and fluently improve

understanding of what is heard, reduce accents that interfere with listener understanding and reduce vocal strain.

Audiology will test hearing ability to determine extent and type of hearing loss checking the mechanism of hearing and make hearing aid recommendations.

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